



kimhodous

THE HAPPINESS SPEAKER™

Kim Hodous is on a mission to help companies, regardless of size or industry, embrace the habits of happiness so their people will experience greater achievement, fulfillment and wellbeing. The crux of her work is the One Minute Happiness Habit™, a distillation of current research and her own life experience, which takes all the data and proves that the pursuit of happiness is a legitimate path to more meaningful work and joyful living.

why kim?

Because Kim recognizes that in today's fast-paced, high-tech world, happiness is not something that's nice to have for yourself or your company, it's the competitive edge that will make your work more meaningful and your company stand out. Kim is known for delivering keynotes that are equal parts content and fun and loves to work with audiences who need a shot in the arm, a kick in the pants and want to laugh while they learn!

get happy!



For More Information:
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get to know him...

I am on a mission to make this world a happier place. I am on a mission to help individuals, regardless of circumstance, to become happier by being engaged, positive, focused, connected and grateful. I am on a mission to help companies, regardless of size or industry, embrace the habits of happiness so their people can experience greater wellbeing, fulfillment, achievement and health.

This is a very personal mission born of a very painful past.

An experience that rocked me to my core, gutted me emotionally and left me starting over spiritually. It was in this black hole of despair that I heard the whisperings of happiness calling to my soul.

Through this, I learned that the road back to happiness is based on a simple practice, which, when done routinely, has been scientifically documented to improve our wellbeing, help us thrive through adversity, be more productive, and even get healthier.

The One Minute Happiness Habit™ is the crux of my work. It's a distillation of the current research and my personal life experiences, along with a little ancient wisdom for good measure. It takes all the data and makes it real. **It's a practical one-minute practice that anyone can do, on any given day, at any given moment to shift their perspective, reduce their stress, and help them soar in all areas of their life.**

I believe happiness is available to all of us – not a chosen few. You don't have to be born under a shining star, come from a distinguished family lineage or have a certain amount of wealth to be happy. I don't think happiness is reserved for people of a certain race, gender, religion, age, or locale. **I believe we can all be happy. We get to decide for ourselves!**

I believe happiness is not something that can be granted to us by another. I don't believe happiness is a destination you reach and can cross off your list. Being happy does not mean you'll never struggle or feel sadness again. **I believe happiness is an inside job and is found in our day-to-day lives, with ordinary people, just like you and me!**

I believe in today's fast-paced, high-tech world, happiness is not something that's nice to have for yourself or your company, I believe it's the competitive edge that will make your work more meaningful and your company stand out. I believe intentionally focusing on happiness leads to greater personal fulfillment and teams that outperform the competition.

I believe happiness isn't a mystery or esoteric, but instead are simple habits that we can learn and practice daily. **And I believe, when happiness becomes a habit, we'll be living as the best version of ourselves and helping those around us to do the same.**

It is my mission and my life's work to help people learn the habits of happiness. If I can help you or your organization to become happier, please reach out to me. **I would love to help you find your HAPPY!**



ENGAGED.....POSITIVE.....FOCUSED.....CONNECTED.....GRATEFUL

kim's presentations...

BE HAPPY. WORK HAPPY. Because Happy People Make Good Things Happen

Research has proven that happy people come up with the best ideas, are up to 28% more productive, miss less work and are half as likely to leave their jobs. Bottom line – happy people are more successful and happy people make good things happen.

There are now actual steps you can take to become happier –and they're not dependent on your family, your boss, your co-workers or the alignment of the stars. They're all up to you! In this fun, interactive and empowering keynote, Kim takes all the data and distills it down into a simple Happiness Habit, that can be mastered by anyone, done in less than 60 seconds, and will make a lasting change in your happiness – at work and in life.

People will be on stage, on their feet and ON FIRE (not literally, of course!) This is an ideal opening keynote to kick-start any event with laughter and enthusiasm or the perfect closing keynote to end your conference on a high, happy note!



BE HAPPY. LEAD HAPPY. Why Happy Leaders Get Results, Not Resistance

Leaders come in all shapes and guises and show up at every level of an organization. And the best leaders, that get the best results – are those who can lead happy. Research has proven that positive environments produce huge benefits in engagement, relationships, health and the company bottom line. And the best way to create a positive environment is when leaders are engaged and optimistic, they show appreciation, they're connected to the team, and they believe in the work of the company.

Happy salespeople produce
37% GREATER SALES



This motivational experience offers proven practices for leading yourself and those around you in a way that fosters kindness, caring, optimism and action. You will be inspired to up your personal leadership so your co-workers and clients will: Co-operate with you. Believe in you. Recommend you.

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The logo consists of a circular graphic made of multiple concentric, overlapping lines in various colors (blue, green, orange, red) on the left. To the right of this graphic, the name 'kimhodous' is written in a lowercase, sans-serif font, with 'kim' in orange and 'hodous' in blue. Below the name, the words 'THE HAPPINESS SPEAKER' are written in a smaller, all-caps, sans-serif font, followed by a trademark symbol (™).

BE HAPPY. SPEAK HAPPY.

Because Positive Communication Creates Happy Teams

In a workplace filled with ever growing diversity, and even greater distractions, a workplace where multiple forms of communication are utilized all day long – the chances of miscommunication are high. Communication mistakes today have greater stakes, with devastating effects, that can negatively impact the company image, team engagement, collaboration and focus. Kim delivers the latest research on how positive communication can be a tool to strengthen connections, build trust and create happy teams. When we learn to integrate the habits of happiness into our everyday conversations, and even difficult discussions, we use communication as a means to build more authentic relationships, create a culture of caring and provide a safety net for all types of ideas.



BE HAPPY. LIVE HAPPY.

Finding Balance & Staying Happy in a High Demand World

Today's culture of 'do more with less' can leave you feeling un-fulfilled, un-motivated and exhausted. In this talk Kim reveals how creating habits of happiness not only help us to be happy, but they help us to LIVE happy. You'll learn the high cost of work without ceasing and the big payoff of health + happiness. Kim shares proven practices for balancing all the priorities in your life, dealing with stress and staying motivated so you can feel happy and fulfilled in all the nooks and crannies of your life.

Employees who report being **HAPPIER** at work take

10%
FEWER
SICK DAYS
than unhappy employees.



what kim's happy clients are saying...

"You left the attendees happy, energized, motivated and inspired. **It is your extra added touches that set you apart from other keynote speakers.**" ~Jean Capone, Senior Program Manager, NRECA

"Kim truly made a positive impact on our culture." ~Mark Gotcher, Superintendent, Russellville School District

"Kim engaged and connected to the audience in every way. **She was able to mix the perfect content of knowledge and fun.**" ~Karan Skarda, ACE Program Director

"Kim is a fantastic speaker who grabs the attention of her audience and never lets them go." -Loretta Daniels, Director, Regional Business and Innovation Center

"You connected with us because you became a 'part of who we are' with an understanding of what we do." ~Leah Johnson, Organizational Development Manager, Black River Memorial Hospital

"The team walked away feeling good – feeling energized & inspired." ~Sally Welborn, SVP Walmart, Global Benefits

"Good speakers hold an audience's attention. Great speakers hold an audience's attention, while motivating and inspiring audiences to act. **Kim is a great speaker.**" ~Willie Johnson, J. B. Hunt

"Kim spoke from her heart and helped our audience see the value of personal happiness and how it impacts our work life. **Everyone left inspired!**" ~Gayla Roten, State Director, Missouri Main Street Connection

"Our event was a success because of Kim Hodous." ~Pam Gridely, Director of Corporate Relations, Iowa Hospital Association

"Kim's energy, laughter and encouragement were exactly **what we needed to inspire us to keep pushing forward to accomplish another award-winning year.**" ~Donna Harris, CEO, HealthSouth Jonesboro

"The feedback was overwhelmingly positive and many women took the time to thank me personally for bringing in such a dynamic speaker to kick off the event." ~Susie Marks, Sr. Vice President of Programs, Arkansas State Chamber of Commerce

"Kim received a solid 5-out-of-5 stars!" ~Doug Krile, Executive Director, ABA

"Kim kept it fun and light, while also delivering **great content that people could use immediately in their jobs.**" ~Ann Gilbert, Executive Director, Arkansas Transit Association

"Kim delivered on every front. Many commented Kim was **the best they had ever heard!**" ~Mary Dandurand, Executive Director, ASAE

"Kim's energy and inspiration set the tone for the entire event and we were not disappointed." ~Teresa Burton, Vice President, Group Travel Family



client list



Kim has spoken to employees of these companies, corporations and associations:

Business Association Conferences American Soybean Association, Arkansas Transit Association, Everything Entrepreneurs Conference, Select Travelers Conference, Arkansas Society of Association Executives, Tomorrow's Leaders of Northwest Arkansas, Boomers in Groups Travel Convention, I Take the Lead Networking Conference, Main Street Arkansas Association, Workforce Solutions Entrepreneurs Conference, Iowa Downtown Conference, Arkansas Broadcasters Association, Missouri

Education University of Oklahoma, University of Arkansas, Hopkinsville Community College, Murray State University, Northwest Arkansas Community College, Northwest Technical Institute, Oklahoma University Training and Research Center, U of A Career and Development Center, Joplin Public Schools, Arkansas School Board Association, Lincoln Consolidated Schools, Russellville Independent School District, Missouri School Nutrition Association, Sunshine School and Development Center, Evangeline

Companies and Corporations Walmart, Toyota, Real Time Engineering, Goodwill, Tyson Foods, Sonic Drive In, JB Hunt, The Group Travel Family, St. Johns and Myers, University of Iowa Community Credit Union, KIDS Inc, Weddington Animal Hospital, Lomanco

Government Small Business Development Center, Hopkinsville Chamber of Commerce, Murray Chamber of Commerce, Little Rock Convention Center and Visitors Bureau, Regional Business and Innovation Center, Bentonville Bella Vista Chamber of Commerce, Workforce Solutions KY, AR State Chamber of Commerce, OK Department of Mental Health Services, KS Association of Counties, AR Administrative Office of the Courts, Fayetteville Chamber of Commerce, AR Association of Counties, OK Department of Human Services, MD Association of Election Officials, County and District Clerks Association of TX, MT Clerks and Records Association, Association of IN Counties, CO County Treasurers Association, IACREOT, Hidalgo County District Clerk, Lowell Area Chamber of Commerce, Constitutional Officers Association of New Jersey, KY County Clerks Association, Maumelle Chamber of Commerce, Special District of CO, MO Main Street Connection, Tri-town Chamber of Commerce, Child Support Services of Oklahoma, AR Circuit Clerks Association, Bowling Green Area Chamber of Commerce, OK Association of Career and Employment Professionals, Washington County Clerk's

Hospital Associations, Hospitals and Medical Health

Care Arkansas Hospital Association, Iowa Hospital Association, Missouri Hospital Association, Nebraska Hospital Association, Association of Healthcare Administrative Professionals, Wisconsin Hospital Association, Massachusetts Hospital Association, Arkansas Pediatric Facility, Illinois Health and Hospital Association, HealthSouth of Jonesboro, Idaho Hospital Association, Indiana Hospital Association, Gilchrist, ME Association of Healthcare Administrative Professionals, Hospice of Southern Maine, Unity Health, DeWitt Hospital and Nursing Home, Consultants in Healthcare, Friendship Community Care, Black River Memorial Hospital, Minnesota Society of Health-System Pharmacists, Maine HealthCare at Home, Gilchrist Hospice, Virginia Hospital and Healthcare

Insurance and Banking American Fidelity Assurance Company, Blue Cross Blue Shield, Arvest Bank, Legacy Bank, Signature Bank of Arkansas, Farm Bureau, Missouri Bankers Association, Thrivent Financial, University of Iowa Community Credit Union, Arkansas Society of CPA's

Non-Profits and Spiritual Centers ASPIRE, Unity of Fayetteville, Unity of Branson, St. James Baptist Church Breathe Women's Conference, KIDS Inc, Restoration Worship Center

Real Estate Century 21, Keller-Williams Real Estate, Lindsey and Associates Real Estate, BeckHaus Real Estate, Metro Area Association of Realtors, Re/Max Real Estate, Basset Mix and Associates Real Estate, Belmont Management, AHEPA Management Co

Utilities Ozark Electric Cooperatives, Oklahoma Gas and Electric, Arkansas Electric Cooperatives, Association of Missouri Electric Cooperatives, National Rural Electric Cooperatives Association

Womens Business Conferences and Associations

American Business Women's Association, Executive Women International, International Association of Administrative Professionals - AR, OK and Regional, Professional Women's Network, Women Leading KY, Young Women Lead Conference, Women Can! Conference, Association of Healthcare Administrative Professionals, Professional Women in Business Conference, REI Women's Business Center, The Unstoppable Woman, Merry and Bright, National Association of Women Business Owners, Organization of Women in International Trade, Thrivent Financial Synergy Conference, Bowling Green Women's Leadership Conference

"We chose to have Kim kick off the first day of the event. Her energy and inspiration set the tone for the entire event and we were not disappointed."

~Boomers in Groups Travel Convention

frequently asked questions...

What about Kim's travel arrangements? Kim prefers to make her own travel arrangements, but she's happy to work with you, or your travel agent, if that's how you roll! Kim's been known to drive across town to save \$2 on a container of Tide, so don't worry, she'll find the best deal! If you secure travel arrangements, please forward the confirmation information to kelly@kimhodous.com.

Will she need a hotel? If you are making Kim's hotel reservation, her only request is that it be a non-smoking room! Please forward the hotel information and confirmation number to kelly@kimhodous.com.

What about the meeting room set up? A raised platform works best for groups of 200 or more. It doesn't need to be high (12 to 18 inches is fine) and a 5' by 5' platform will work. Kim loves to interact with the audience, so if you could have steps placed in front, that would be great. If there's a podium or lectern, please have it moved to the side of the stage during Kim's presentation.

Does Kim have product for sale at the event? If approved, Kim offers product for attendees to purchase at the back of the room after her presentation. A 6' to 8' table is best to allow room for sales and book signings. It's best to set the table up near the room exit or the back of the room. Or, if there is a lobby where many of the participants will be before and after the program, the table can be placed there. Please do not put the table in an area that would be distracting during the program (i.e. near the front of the room).

What audiovisual set up does Kim prefer? Kim has a Countryman E7 headset that can be plugged into most microphone packs. But a lapel mic or handheld wireless mic is always a good idea to have on hand for back up. Because Kim includes audience participation in all her presentations, please provide a second, hand-held wireless microphone for participants. Kim uses very few slides in her presentations. She only requires a projector for slides; she does not require a sound cable.

Is Audio/video Recording okay? Audio and/or video recording is permitted during the presentation, with prior permission. She simply requests a copy of the soundtrack and/or footage be provided to her within 14 days of the presentation.

Does Kim use handouts? Most of Kim's presentations don't require a handout, but if it's determined that there will be a handout, it will be emailed to the meeting planner no later than 7 days prior to the event for duplication and distribution.

How will I be billed? After you receive Kim's contract, you'll sign and return within 7 days, along with a 50% deposit to hold that date in Kim's calendar. The balance is due no later than the day of the event. Any billing questions should be directed to kelly@kimhodous.com.

How can I help Kim get to know my audience? After booking Kim you will receive a Pre-Event Questionnaire so she'll know as much as possible about your event and the attendees. You can also access the form at www.kimhodous.com/meetingplanners. Please complete no later than one month before your event so Kim will have time to prepare. Please also send any printed information that will give Kim a better feel for your organization that can't simply be found on a website. A copy of the promotional materials related to the event and a copy of the agenda are also helpful when available.

Does Kim do book signings? A book signing after a program is a wonderful way for Kim to get to connect to attendees and visit with them one-on-one. For best results, please allow at least 20 to 30 minutes immediately following the presentation. A skirted 6-8 ft. table is preferred.